

Leo's Kindness Advent Challenge

Learning objective: To identify, plan, and evaluate acts of kindness to support personal wellbeing and community cohesion.

Leo the Lion believes that kindness is a superpower that grows the more you share it. Use this template to design your own 'Kindness Advent' plan. For each day leading up to your chosen celebration, identify a thoughtful action you can take to make someone else's day brighter. Reflect on how your actions impact others and why empathy is important in our community.

Word bank: empathy · thoughtful · community · gratitude · support · compassion · cooperation · positive · wellbeing · altruism

1. My Kindness Goal: What is the main purpose of your kindness advent, and how will it benefit the people in your life? (2 marks)

2. Planned Acts of Kindness: List three specific, original actions you will perform. Explain why you have chosen these particular acts. (3 marks)

3. Comparison: Compare the impact of a 'small' act of kindness (like holding a door) with a 'larger' act (like helping someone learn a new skill). Which is more valuable and why? (4 marks)

4. Justification: Justify why kindness is an essential quality for a successful community. Use evidence from your own experiences. (3 marks)

5. Predicting Outcomes: What might happen to the atmosphere of our classroom if every student completed their own kindness advent? (3 marks)

6. Evaluation: After completing one act, explain how it felt to give rather than receive. Did the recipient react how you expected? (2 marks)

Extension challenge: Design a 'Kindness Calendar' grid for the remaining days. For each day, include a 'Cost of Kindness' calculation—even if the act is free, write down the 'value' in terms of time, effort, or patience. Write a short poem in the style of Leo, celebrating the ripple effect of one single kind deed.